

Leon Clemons

How to:

Live Healthy
and Save



lenty

Preview: How to Live Healthy and Save Plenty

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Leon Clemons

How to:

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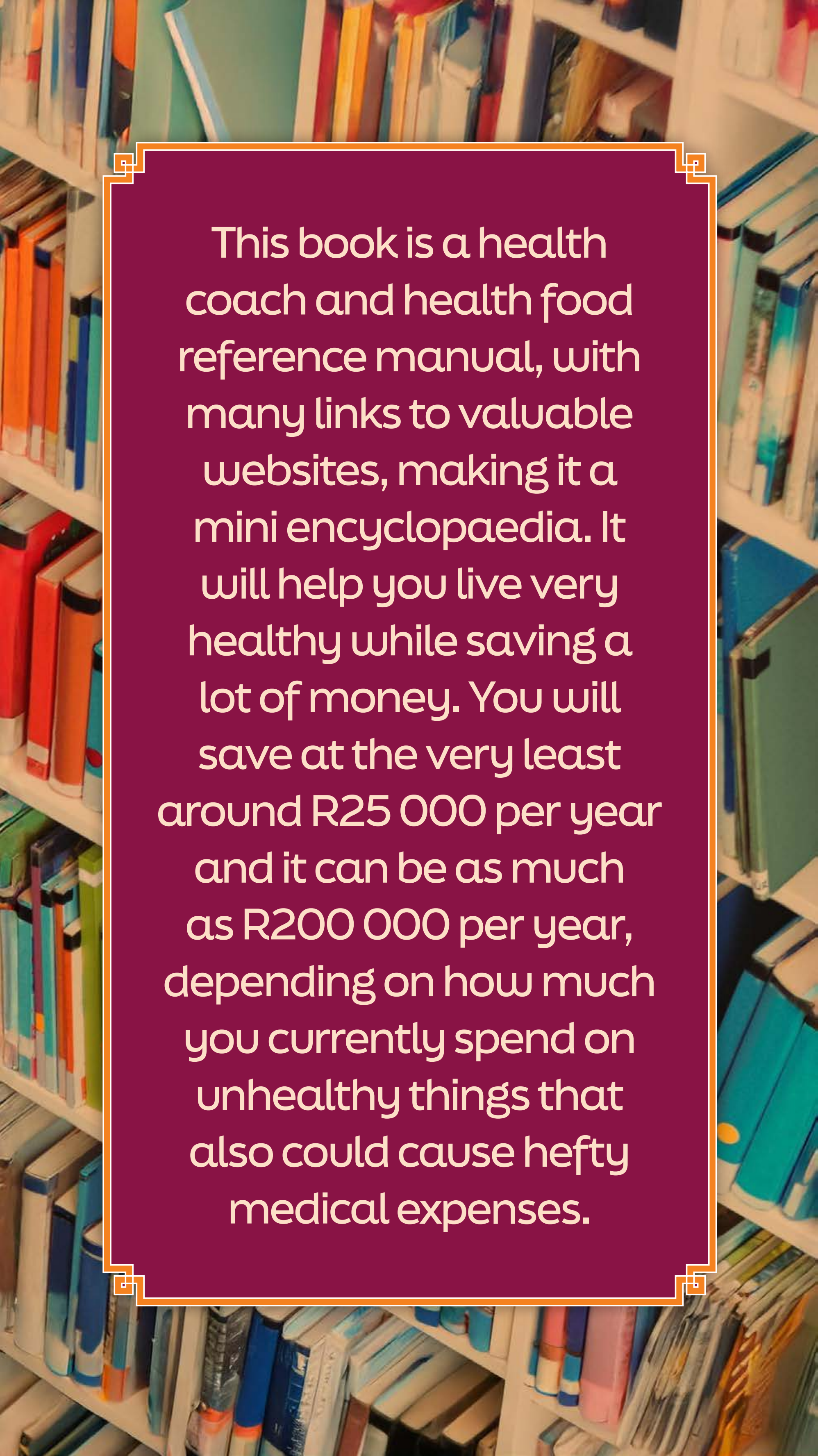
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Please note: all live links to websites in this book were correct on date of publishing in 2025. Over time, some web pages and links may change.



This book is a health coach and health food reference manual, with many links to valuable websites, making it a mini encyclopaedia. It will help you live very healthy while saving a lot of money. You will save at the very least around R25 000 per year and it can be as much as R200 000 per year, depending on how much you currently spend on unhealthy things that also could cause hefty medical expenses.

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In Closure

Bibliography

Introduction

The Impact of a Healthy Lifestyle on Career Success

Maintaining a healthy lifestyle with regular exercise from a young age can profoundly benefit your career, particularly in terms of job performance and advancement. Engaging in consistent physical activity and adhering to a balanced diet significantly boosts your overall well-being. This results in increased energy levels, improved concentration, and enhanced mental clarity – all of which are crucial for excelling in the workplace. When you feel physically fit and mentally sharp, you are better equipped to tackle complex tasks, solve problems creatively, and approach challenges with a positive attitude. These attributes not only improve your daily work performance but also position you as a valuable asset to your team.

Employees who prioritize their health often exhibit higher productivity and efficiency. Regular exercise is linked to improved cognitive function and greater resilience to stress, which means you can handle demanding projects with ease and maintain a steady focus. This enhanced capability often translates into high-quality work, innovative solutions,

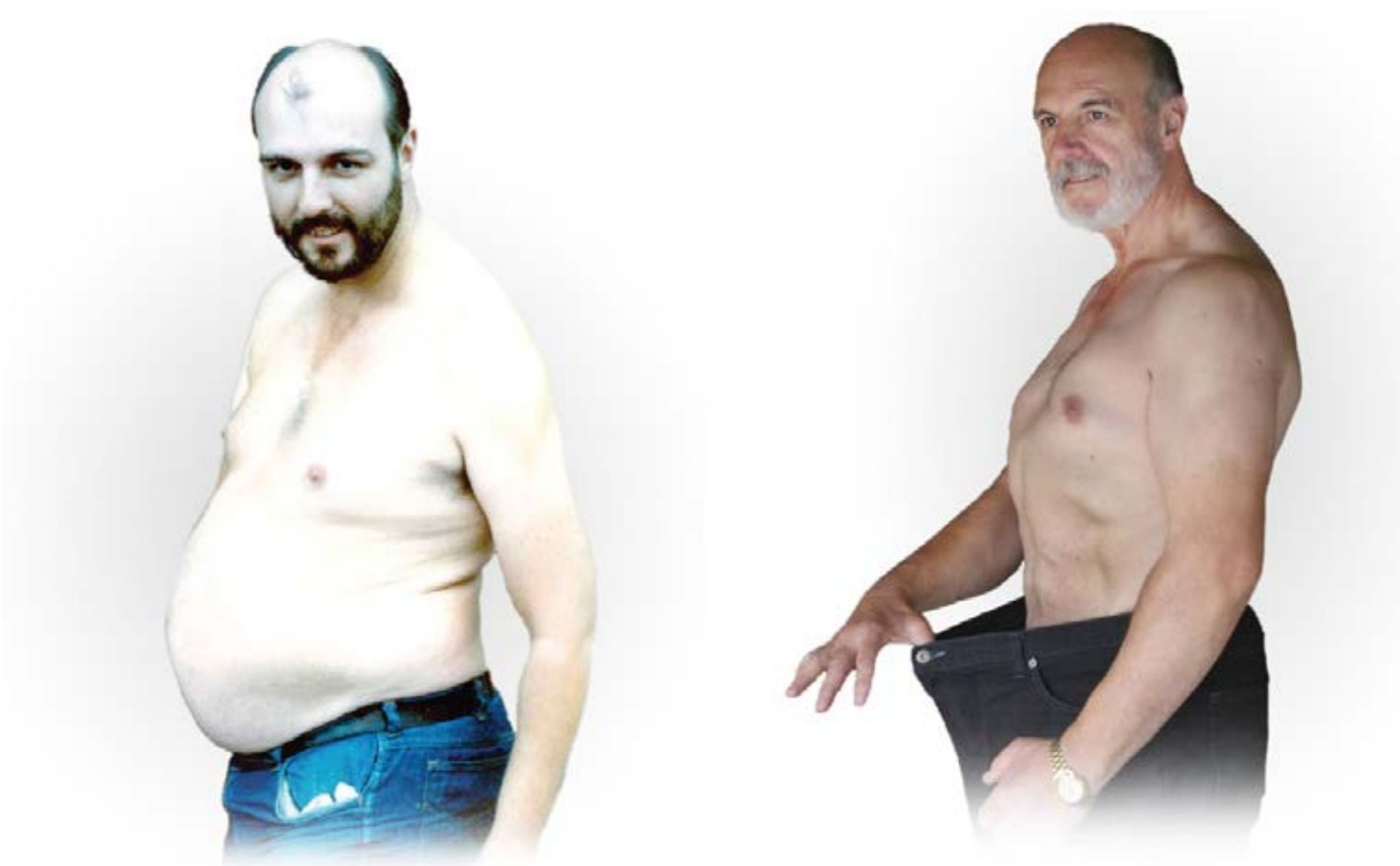
and a proactive approach to responsibilities. Such qualities are highly valued by employers and can make you a prime candidate for promotions and more senior positions. By consistently demonstrating your ability to perform at a high level, you increase your chances of being recognized for leadership roles and career advancement.

Conversely, neglecting a healthy lifestyle can have detrimental effects on your career. A sedentary lifestyle and poor dietary habits can lead to fatigue, decreased mental sharpness, and higher stress levels, which may impair your work performance. Reduced energy and concentration can result in lower productivity and missed deadlines, potentially hindering your chances of career growth. Long-term health issues arising from poor lifestyle choices can also lead to increased absenteeism, further impacting your professional reputation and opportunities for advancement.

In summary, adopting a healthy lifestyle not only supports your overall well-being but also enhances your job performance and career prospects. Prioritizing exercise and balanced nutrition can lead to better work outcomes and greater potential for promotion, while neglecting these practices may hinder your career advancement and professional success.

My Personal Experiences

This book is the result of more than 40 years of personal experience and research. 40 years ago, I was overweight, flabby, and disfigured by a pot belly. I was plagued by headaches, constipation, various ailments, aches, regular colds and flu, inflammation, tiredness, and other pains that regularly interfered with my sleep at night.



My father died when he was 66, and my mother died days after her 67th birthday. One uncle died at the age of 67, and the other uncle died after many years of weakness and suffering at the age of 73. All these late family members had unhealthy lifestyles in common.

My grandfather and my mother had arthritis quite badly. Towards the end of their lives, they had con-

tinues pain in their hands and found it difficult to hold things in their hands.

During 2010 I became aware of the fact that I inherited arthritis in my hands. The joints in my fingers started to swell and became painful. Sometimes it felt as though I hit my finger joints with a hammer.

[The link to my arthritis hands.](#)

On February 26, 2011, I landed in the hospital with horrible pains, and it appeared that I was going blind. I was diagnosed with diabetes. I had toes on both feet that turned black, causing me terrible pain 24 hours a day. My diabetes specialist warned me that if I didn't start living healthy immediately, I would lose both my feet, then my lower legs, and possibly my upper legs due to the polony effect of diabetes.

[The link to my diabetes feet.](#)

I immediately started living healthy and developed my three-factor health formula, applying it to my own life. Within about five years, my health improved so much that I didn't need any diabetes medication anymore. To this day, I continue to live healthy according to my health formula.

Today in 2024, at the age of 73, I experience a much better quality of life than when I was 33 years old. I am healthier, fitter, in better shape, more flexible,

with a powerful immune system, and more energetic than at 33. Sometimes months or even years pass without me getting a cold, flu or arthritis pains. I also sleep better at night than I have in many years. I am also rid of the arthritis pains in my hands. The swollen joints in my fingers are the only reminder of my arthritis.

My 2024 blood tests proved that I am now a pre-diabetic.

I spoke to a pharmacist in his early forties about the fact that I was a diabetic but now I am a pre-diabetic. He told me that in his whole career, I am only the third diabetic he has heard about or read about who became a pre-diabetic.

My philosophy and motto is: “Always add value!” My loved ones at home are the most important to me, so I strive to apply this philosophy and motto to them and myself within our household.

The person I spend the most time with is myself. I am with myself 24 hours a day, seven days a week, and twelve months per year. The best way to add value to my own life is to be healthy, fit, and strong. The best way to achieve that is to always think healthy, eat healthy, and exercise healthy. This enables me to do so much more, so much better, and so much faster.

By applying my philosophy and motto to my wife, I also add a lot of value and happiness to her life. After 18 years of a happy marriage, we still enjoy each other as we did 18 years ago!

Now I want to add value to the life of each and every reader of this book. Make the knowledge in this book your own and apply it daily permanently. By doing that, you will add a lot of value to your own life.

Below are links to websites that will give you more comprehensive information:

heartfoundation.co.za/healthy-eating/

www.medicalnewstoday.com/

www.takingcharge.csh.umn.edu/

First, I want to share with you the wise things I have done in my life concerning my health. Then I will also share with you the unwise things I have done in my life that harmed my health.

Wise Things I Have Done for My Health

- When I was 12 years old, one of the most beautiful girls I ever met signalled me with her right hand, inviting me to have sex with her. I played dumb and ignored her invitation. In my adult life, I did not engage in promiscuous behaviour like many young people did, which kept me free from sexually transmitted infections (STIs). I have also remained faithful to both my first and my second wife.
- Some of my peers tried to teach me how to smoke with them. To please them, I took a cigarette and puffed on it but refused to inhale the smoke into my lungs. They teased me, saying that only the cigarette was smoking, and I was just a sucker. When I continued to resist inhaling the smoke, they started to avoid me. I stopped puffing and distanced myself from smoking altogether.
- At a wedding reception when I was 13 years old, I gave my champagne to one of my cousins and opted for a soft drink instead. That cousin was delighted to receive my champagne but later struggled with alcoholism as an adult.

- When I was 15 years old, I attended a birthday party where my peers tried to persuade me to drink brandy and other alcohol, which I declined.
- A pretty girl at the party also encouraged me to try LSD, an illicit drug, but I refused and promptly left the party. Subsequently, I was not invited to any more parties as the party-goers labelled me a spoilsport and a square.
- I started living a healthy life and keeping it up permanently.
- I now steer clear of anything that could jeopardize my health. I take pride in never having been drunk, never contracting an STI, and never developing any addictions in my life.
- Forgiving my enemies for all the bad things they did to me and forgiving myself for all the mistakes I made in my life was the wisest of all the wise things I did in my life. After many years of unnecessary suffering because I had deep grudges and hate against all my enemies, I discovered the healing and peace giving power of forgiveness. Forgiveness made major positive improvements to my life including helping me to progress from being a diabetic to become a pre-diabetic. I also do the

best artwork and writing I have ever done. My life is just so much better now.

- Developing my Leon Clemons Good Mood Super Health Chocolate Meal was one of the wisest and most valuable things I have done in my life.

Leon Clemons Good Mood Super Health Chocolate meal

When I created the recipe for this chocolate meal, I didn't fully appreciate its true quality. However, during my research for this book on the nutritional benefits and potential health benefits of the ingredients, I came to understand that my chocolate meal recipe could greatly enhance the lives of those who use it.

Based on my personal experience with my Good Mood Super Health Chocolate meal, I have found the following benefits:

- During times of depression, consuming this meal improved my mood significantly.
- It boosted my immune system during winter, reducing the frequency of colds and flu.
- It played a role in improving my diabetes condition, as indicated by recent blood tests showing a shift to pre-diabetic status.

- It also alleviated my arthritis symptoms, allowing me to use my hands without pain.
- The taste of my chocolate meal is richer, and more satisfying compared to store-bought varieties.
- My chocolate meal is free from cane sugar and artificial sweeteners.
- This chocolate meal may have potential benefits in preventing, treating, or easing inflammation, colds and flu, certain types of cancer, arthritis, and diabetes.

To make my Good Mood Super Healthy Chocolate Meal yourself, click this link that will take you to the recipe provided under the chapter "Leon's Healthy Recipes" at the end of this book.

Visit these websites for more information:

How Your Thoughts Affect Your Body and Cause Illness.

www.positivegroup.org/

Fogiveness: Your health depends on it.

www.hopkinsmedicine.org/

Unwise Things I've Done that Harmed My Health

- When I was a child, I ate a lot of hard sweets. That was very harmful for my teeth.
- For many years of my life, I was too lazy to do regular exercises.
- Too many fizzy cool drinks with too much sugar and acid harmed my health and teeth even more.
- For some time before I was diagnosed with diabetes, I ate at least two 200-gram slabs of chocolate while watching TV every night.
- For many years I used to eat far too much when the food was very tasty.
- Hating my enemies and holding grudges against them was the most foolish thing I did. After many years of unnecessary suffering because I harbored deep grudges and hatred towards all my enemies, I discovered the healing and peace-giving power of forgiveness. From bitter experience, I can tell you that by holding grudges and hatred against certain people, you only harm yourself. The first thing you harm is your health. The second thing you

harm or even destroy is your peace of mind.

Thirdly, you put yourself under a lot of useless stress that also robs you of energy, happiness, and peace of mind.

- Stress also leads to a number of health problems in the form of various illnesses. In my case, my stress due to grudges and hate resulted in diabetes, sleeplessness, severe unhappiness, frustration, and depression. The irony is that your enemies are either laughing at your grudges and hate or they are totally unaware of it. They are not harmed by it in any way, only you are. That just shows you how foolish and unproductive it is to hate and hold grudges.

Visit these websites for more information:

Five dangerous consequences of holding grudges.

www.psychologytoday.com/

Can hatred affect your health?

www.medicinenet.com/

Holding a grudge can ruin your health

americanbehavioralclinics.com/

The Money I Save on Food and Medical Expenses

Throughout many years of my life, I frequently required the following medications:

- Inflammation medication
- Allergy medication
- Constipation medication
- Headache medication
- Cold and flu medication
- Hay fever medication
- Kidney stone medication

On 26th February 2011, I was diagnosed as a heavily insulin-dependent diabetic.

Below is a quotation of the diabetic medication that was prescribed for me, priced in 2024.

Certified Copy of Prescribers Prescription

NAAM NAME PRICE-A SCRIPT.../	MEDIESE SKEMA MEDICAL SCHEME PRT
ADRES ADDRESS	PRIVATE GOV TIER 2017.01.27

709860001 - LANTUS SOLOSTAR DSP	8	OD	R1458.55
709861001 - APIDRA SOLOSTAR DSP	5	OD	R676.64
710912001 - ASPAVOR 40MG TAB	30	OD	R102.01
114895001 - FREESTYLE GLUCOM STR	30	OD	R157.56
132634001 - NOVOTWIST HYP MDL 32	30	OD	R115.00
446274001 - ONETOUGH SURE SOFT	30	OD	R100.22
703909001 - GLUCOPHAGE 1000MG TB	60	OD	R133.84

AFSKRIF / A.A.F.
COPY / P.E.F.

 PAID/BETAAL BRUTO GROSS R2743.82

I am so thankful that I am no longer diabetic thanks to my healthy lifestyle.

In 2018, the average yearly allowance for chronic medication on our previous medical fund was R6,400 per year. The cost for my diabetic medication for one year would now be R32,925.84.

In other words, if I were still diabetic, my medication would cost me: R32,925.84 minus R6,400 = **R26,525.84** per year.

So, thanks to my healthy lifestyle, I am saving the following per year:

- Savings on unhealthy food: R74 400
- Savings on chronic medication: R26 535
- Other medication: R 8400
- **Total savings per year: R109 335**

Thanks to my healthy lifestyle, I am now saving R109,335 per year. By making positive changes, I have been able to manage my finances better and make ends meet. You can also achieve financial stability by adopting a healthier lifestyle.

Do More, Easier, Better, Faster

When you are fit and healthy, you can accomplish more with greater ease and speed. Being in good physical condition makes you stronger, enabling you to lift heavier objects and move them effortlessly. Mentally, you are sharper and better equipped to handle intellectually challenging tasks and solve problems effectively. Regular aerobic exercise boosts brain function by increasing oxygen flow, while a healthy diet provides essential nutrients for optimal cognitive performance.

Moreover, maintaining good health enhances your appearance, garnering admiration from others and boosting your self-esteem. Physically, you feel better equipped to handle demanding situations with ease. The ability to tackle physical and mental challenges efficiently also contributes to your psychological well-being, strengthening your self-perception and overall sense of fulfilment.

List Of Natural Healthy Foods And Their Benefits

Spices and Flavourings

Ginger



Nutritional Values

Here are the approximate nutritional values for raw ginger per 100 grams:

- Calcium: 18 mg
- Copper: 0.2 mg
- Energy: 80 kcal
- Iron: 0.6 mg

- Magnesium: 43 mg
- Manganese: 0.2 mg
- Phosphorus: 34 mg
- Potassium: 415 mg
- Protein: 1.8 g
- Sodium: 13 mg
- Total Carbohydrates: 17.8 g
 - Dietary Fiber: 2.0 g
 - Sugars: 1.7 g
- Total Fat: 0.75 g
 - Monounsaturated Fat: 0.1 g
 - Polyunsaturated Fat: 0.1 g
 - Saturated Fat: 0.2 g
- Vitamin B6: 0.16 mg
- Vitamin C: 5 mg

Raw ginger offers a plethora of health benefits that have been recognized for centuries across various cultures. Packed with bioactive compounds like gingerol, it possesses potent anti-inflammatory and antioxidant properties. These compounds help combat oxidative stress and inflammation in the body, potentially reducing the risk of chronic diseases such as heart disease, diabetes, and certain cancers.

Ginger is celebrated for its ability to ease digestive discomfort. It stimulates the production of digestive enzymes, aids in neutralizing stomach acid, and promotes smooth digestion. This makes it particu-

larly useful for alleviating nausea, whether caused by motion sickness, pregnancy, or chemotherapy.

Moreover, ginger supports immune function due to its antimicrobial properties, helping the body fight off infections and enhance overall immunity. Its warming effect can also provide relief from respiratory issues like coughs and sore throats.

Raw ginger can be grated into teas, added to stir-fries, or infused into water. It adds a delightful burst of flavour to dishes in various culinary traditions. Grated or finely chopped, it infuses stir-fries and curries with a warm, peppery zest. In marinades and dressings, ginger's pungency complements soy sauce and citrus, enhancing meats and salads alike. For beverages, steep slices of ginger in hot water with lemon and honey for a soothing tea or blend it into smoothies for a spicy kick. Raw ginger also uplifts desserts – grate it into muffin or cake batters for a subtly spicy sweetness. Its versatility extends beyond cuisine; it can be used to flavour sauces, dips, and even homemade pickles. With its distinct aroma and palate pleasing taste, raw ginger elevates dishes effortlessly, making it a must-have ingredient in any kitchen.

Overall, raw ginger stands as a versatile and natural way to boost health and wellbeing, offering both culinary delight and therapeutic benefits.

Diseases that could potentially be prevented by including ginger in the diet

Including ginger in the diet may help prevent a number of diseases due to its anti-inflammatory and antioxidant properties. It can potentially reduce the risk of heart disease, lower blood sugar levels, alleviate nausea, and improve digestion. Additionally, ginger's anti-inflammatory effects may aid in preventing certain types of cancer and arthritis.

Possible side effects of ginger for some individuals

While generally safe for most people, ginger may cause mild side effects in some individuals. These can include digestive discomfort such as heartburn or abdominal discomfort, especially when consumed in large amounts. Some people may experience allergic reactions like rash or itching. Ginger also has blood thinning properties, so individuals on blood thinning medications should consult a healthcare provider before increasing their ginger intake. Pregnant women should limit ginger consumption, as high doses may affect fetal development. As with any supplement, moderation is key and consulting a healthcare professional can help mitigate potential risks.

For more information:

www.medicalnewstoday.com

Vegetables

Paprika peppers



Nutritional values

Here are the approximate nutritional values per 100 grams:

Fresh Paprika Peppers

- Calories: 312 kcal
- Carbohydrates: 54.4 g
 - Dietary Fiber: 24.4 g
 - Sugars: 10.3 g
- Protein: 14.8 g
- Water: 12 g
- Minerals:
 - Calcium: 229 mg
 - Iron: 12 mg

- Magnesium: 246 mg
- Phosphorus: 297 mg
- Potassium: 1,452 mg
- Sodium: 24 mg
- Zinc: 1.7 mg
- Total Fat: 13 g
 - Monounsaturated Fat: 5.8 g
 - Polyunsaturated Fat: 4.9 g
 - Saturated Fat: 2.1 g
- Vitamins:
 - Folate: 114 µg
 - Vitamin A: 388 µg
 - Vitamin C: Trace amounts (since much is lost in drying)
 - Vitamin E: 11 mg
 - Vitamin K: 77 µg

When used fresh in salads, paprika peppers differ from bell or sweet peppers in flavour and texture. Paprika peppers, with their more robust and slightly spicy taste, add a unique depth, whereas bell peppers are milder and sweeter. Additionally, paprika peppers often have a firmer texture compared to the crispness of bell peppers.

Paprika peppers are known for their vibrant red color and rich flavour, offer a range of health benefits. Packed with antioxidants, they are a great source of vitamins A, C, and E. Vitamin A, in par-

ticular, supports eye health and immune function, while vitamin C enhances collagen production and boosts the immune system. Vitamin E, an antioxidant, helps protect cells from oxidative stress.

Paprika peppers contain capsaicin, a compound known for its anti-inflammatory and metabolism boosting properties. Capsaicin can aid in pain relief and may help with weight management by increasing the body's metabolic rate. Additionally, paprika peppers are rich in carotenoids, such as beta-carotene, which contribute to overall health and may lower the risk of chronic diseases.

Incorporating paprika into your diet can also promote heart health. The antioxidants in paprika help reduce oxidative stress, which can contribute to heart disease. Moreover, paprika's anti-inflammatory properties may improve cardiovascular function.

Overall, paprika peppers are a flavourful and nutritious addition to a balanced diet, providing essential vitamins, antioxidants, and compounds that support various aspects of health.

Fresh paprika peppers in salads offer a unique, robust flavour and higher concentrations of antioxidants compared to bell peppers. While bell peppers provide a sweet, mild taste and are rich in vitamins, fresh paprika peppers deliver a distinctive spicy kick

and increased levels of vitamins A and C.

Diseases that could potentially be prevented by including paprika peppers in the diet

Including paprika peppers in the diet may help prevent many diseases due to their high content of vitamins A and C, antioxidants, and capsaicin. Paprika peppers can reduce the risk of cardiovascular diseases, support immune function, and improve eye health. Their anti-inflammatory properties may also aid in lowering cancer risk and enhancing metabolic health, contributing to overall disease prevention and well-being.

Possible side effects of paprika peppers for some individuals

Some individuals may experience gastrointestinal discomfort or irritation from paprika peppers, particularly in large amounts. Those sensitive to spicy foods might encounter digestive issues or heartburn. Additionally, paprika can trigger allergic reactions in susceptible individuals. It's best to consume in moderation and monitor for any adverse effects.

For more information:

<https://www.hongrispice.com>

In Closure

When I was diagnosed with diabetes, the pain in my toes was unbearable, feeling like a heavy steel object had been dropped on them. The constant pain made me consider asking my diabetes specialist to amputate them. However, he warned me of the severe consequences such as loss of balance and the “polony effect” where amputation would progress up my legs.

Instead, he advised me to focus on a healthy diet and regular exercise to improve blood circulation, which is often compromised by diabetes. I had a choice to make: let diabetes progress and risk losing my limbs and eventually my life, or take control by eating well and staying active. I chose the latter path.

For a number of years I am utilising my excellent health formula. That helped me to cure my diabetes to such an extent that early this year 2024 my blood tests proved that I am no longer a diabetic, but a pre-diabetic. I am also rid of my arthritis pains. My hands are fully functional again. The only reminders of my arthritis are slightly swollen finger joints.

This book will add a lot of value to the life of every reader immaterial of age. Just utilise the knowledge available in this book and the website links to the full.

This photo shows the condition of my toes shortly after my diabetes diagnosis.



The next photo shows a recent picture of my feet. They may not be the prettiest, but they are healthy. I have good balance and no longer experience constant pain. I continue to maintain a healthy diet and exercise routine.



I hope my experience and the information in this book will help you to take back your health if you lost it in some way and that you will live a good quality life for many years to come!

This book will help healthy young people to stay healthy, fit and in good shape.

Older and elderly people can improve their health substantially by utilizing the information in this book.

Photo of my right hand when both my hands were really bad with arthritis.



This is what my right hand looked like when my arthritis was very painful in both my hands and the skin of my right hand and arm burned like hell.

Photo of my hand today.



This is what my right hand looks like today.

My hands are both healthy and very strong and I have absolutely zero pain thanks to my healthy lifestyle.

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Seeds and Nuts

34. **American Heart Association** – [Nuts and Seeds] (<https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/nuts-and-seeds>)
35. **Healthline** – [Nuts and Seeds Nutrition] (<https://www.healthline.com/nutrition/nuts-and-seeds>)*
36. **Nutrition Data by Self.com** – [Nuts and Seeds] (<https://nutritiondata.self.com/>)
37. **The World's Healthiest Foods** – [Seeds & Nuts] (<https://www.whfoods.com/>)
38. **Journal of Nutrition** – [Seeds and Nuts Research] (<https://academic.oup.com/jn>)

Honey and Peanut Butter

- 39. **National Honey Board** – [Honey Information] (<https://www.honey.com/>)
- 40. **American Peanut Council** – [Peanut Nutrition] (<https://www.peanut-susa.com/>)
- 41. **Healthline** – [Honey Benefits] (<https://www.healthline.com/nutrition/benefits-of-honey>)
- 42. **Peanut Butter Lovers** – [Peanut Butter Info] (<https://www.peanut-butterlovers.com/>)
- 43. **Journal of Agricultural and Food Chemistry** – [Honey Research] (<https://pubs.acs.org/journal/jafcau>)

Healthy Oils

- 44. **American Heart Association** – [Healthy Oils] (<https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/healthy-cooking-oils>)
- 45. **Olive Oil Times** – [Olive Oil Information] (<https://www.oliveoiltimes.com/>)
- 46. **The World's Healthiest Foods** – [Healthy Oils] (<https://www.whfoods.com/>)
- 47. **Journal of Lipid Research** – [Healthy Oils Research] (<https://www.jlr.org/>)
- 48. **Healthline** – [Best Cooking Oils] (<https://www.healthline.com/nutrition/best-cooking-oils>)

General Healthy Exercise

- 49. **American College of Sports Medicine (ACSM)** – [ACSM] (<https://www.acsm.org/>)
- 50. **Mayo Clinic** – [Exercise for Health] (<https://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/exercise/art-20048389>)
- 51. **National Institutes of Health (NIH) – Exercise** – [NIH Exercise] (<https://www.nih.gov/health-information/physical-activity>)*
- 52. **Centers for Disease Control and Prevention (CDC) – Physical Activity** – [CDC Physical Activity] (<https://www.cdc.gov/physicalactivity/index.html>)
- 53. **Harvard T.H. Chan School of Public Health – The Benefits of Physical Activity** – [Harvard Physical Activity] (<https://www.hsph.harvard.edu/nutritionsource/what-should-you-eat/exercise/>)
- 54. **American Heart Association** – [Physical Activity] (<https://www.heart.org/en/healthy-living/fitness/fitness-basics>)
- 55. **National Health Service (NHS) UK – Exercise** – [NHS Exercise] (<https://www.nhs.uk/live-well/exercise/>)
- 56. **WebMD** – [Exercise and Fitness] (<https://www.webmd.com/fitness-exercise/default.htm>)

- 57. **National Institute on Aging** – [Exercise and Physical Activity] (<https://www.nia.nih.gov/health/exercise-physical-activity>)
- 58. **Shape Magazine** – [Exercise and Fitness Tips] (<https://www.shape.com/fitness>)

Exercise and Diabetes

- 59. **American Diabetes Association** – [Exercise and Diabetes] (<https://www.diabetes.org/fitness>)
- 60. **Mayo Clinic – Exercise and Diabetes** – [Mayo Clinic Diabetes Exercise] (<https://www.mayoclinic.org/diseases-conditions/type-2-diabetes/expert-answers/exercise/faq-20057976>)*
- 61. **Centers for Disease Control and Prevention (CDC)** – Diabetes and Physical Activity – [CDC Diabetes Physical Activity] (<https://www.cdc.gov/diabetes/library/features/truth-about-exercise.html>)*
- 62. **National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK)** – [Diabetes and Physical Activity] (<https://www.niddk.nih.gov/health-information/diabetes/overview/treatment/physical-activity>)*
- 63. **Harvard Health Publishing** – [Exercise and Diabetes Management] (<https://www.health.harvard.edu/diabetes/exercise-and-diabetes>)*
- 64. **Diabetes UK** – [Exercise and Diabetes] (<https://www.diabetes.org.uk/guide-to-diabetes/managing-your-diabetes/exercise>)
- 65. **Endocrine Society** – [Exercise and Diabetes] (<https://www.endocrine.org/news-and-advocacy/news-room/2020/exercise-and-diabetes>)
- 66. **WebMD – Exercise and Diabetes** – [WebMD Diabetes Exercise] (<https://www.webmd.com/diabetes/guide/diabetes-and-exercise>)*
- 67. **Johns Hopkins Medicine** – [Exercise and Diabetes Management] (<https://www.hopkinsmedicine.org/health/conditions-and-diseases/diabetes/exercise-and-diabetes>)*
- 68. **Cleveland Clinic** – [Diabetes and Exercise] (<https://my.clevelandclinic.org/health/diseases/717-diabetes>)*

Exercise to Reverse Diabetes

- 69. **Journal of Diabetes Research** – [Diabetes Reversal and Exercise] (<https://www.hindawi.com/journals/jdr/>)
- 70. **American Journal of Lifestyle Medicine** – [Exercise and Diabetes Reversal] (<https://journals.sagepub.com/home/ajl>)*
- 71. **Diabetes Care** – [Exercise and Diabetes Reversal Studies] (<https://care.diabetesjournals.org/>)
- 72. **The Lancet Diabetes & Endocrinology** – [Exercise and Diabetes] (<https://www.thelancet.com/journals/landia/issue/current>)
- 73. **Journal of Clinical Endocrinology & Metabolism** – [Exercise and Type 2 Diabetes] (<https://academic.oup.com/jcem>)

74. **PubMed** – [Diabetes Reversal Research] (<https://pubmed.ncbi.nlm.nih.gov/>)
75. **BMC Endocrine Disorders** – [Exercise and Diabetes Management] (<https://bmcendocrine disorders.biomedcentral.com/>)*
76. **Frontiers in Endocrinology** – [Exercise and Type 2 Diabetes] (<https://www.frontiersin.org/journals/endocrinology>)
77. **International Journal of Obesity** – [Exercise and Diabetes Reversal] (<https://www.nature.com/ijo/>)
78. **Metabolism: Clinical and Experimental** – [Exercise and Diabetes] (<https://www.journals.elsevier.com/metabolism-clinical-and-experimental>)

Additional Resources

79. **Global Diabetes Community** – [Exercise for Diabetes] (<https://www.diabetes.co.uk/exercise.html>)*
80. **Diabetes Australia** – [Exercise and Diabetes] (<https://www.diabetesaustralia.com.au/exercise/>)*
81. **Exercise is Medicine** – [Exercise and Health] (<https://www.exerciseis-medicine.org/>)
82. **American College of Sports Medicine** – Diabetes Resources – [ACSM Diabetes] (<https://www.acsm.org/>)
83. **The Diabetes Council** – [Exercise and Diabetes] (<https://www.diabetescouncil.com/exercise/>)
84. **Diabetes Self-Management** – [Exercise for Diabetes] (<https://www.diabetesselfmanagement.com/>)
85. **NIH National Institute on Aging – Exercise for Older Adults** – [NIH Exercise for Older Adults] (<https://www.nia.nih.gov/health/exercise-physical-activity>)
86. **Journal of Physical Activity and Health** – [Exercise Research] (<https://journals.humankinetics.com/view/journals/jpah/jpah-overview.xml>)
87. **Healthline** – [Exercise and Diabetes] (<https://www.healthline.com/health/type-2-diabetes/exercise>)*
88. **National Endocrine and Metabolic Diseases Information Service** – [Diabetes and Exercise] (<https://www.endocrine.niddk.nih.gov/>)*
89. **PubMed** – [Health and Nutrition Research] (<https://pubmed.ncbi.nlm.nih.gov/>)
90. **Google Scholar** – [Scholarly Articles] (<https://scholar.google.com/>)
91. **Nutrition Research Reviews** – [Nutrition Reviews] (<https://www.cambridge.org/core/journals/nutrition-research-reviews>)
92. **European Journal of Clinical Nutrition** – [EJC�] (<https://www.nature.com/ejcn/>)

93. **Journal of the Academy of Nutrition and Dietetics** – [JAND] (<https://jandonline.org/>)
94. **Journal of Nutrition Education and Behavior** – [JNEB] (<https://www.jneb.org/>)
95. **BMC Nutrition** – [BMC Nutrition] (<https://bmcnutrition.biomedcentral.com/>)*
96. **Nutrition and Healthy Aging** – [NHAA] (<https://www.iospress.nl/journal/nutrition-and-healthy-aging/>)
97. **Food & Nutrition Research** – [FNR] (<https://foodandnutritionresearch.net/>)
98. **Journal of Nutritional Science** – [JNS] (<https://www.cambridge.org/core/journals/journal-of-nutritional-science>)
99. **Journal of Food Science** – [JFS] (<https://onlinelibrary.wiley.com/journal/20421324>)*
100. **Clinical Nutrition** – [Clinical Nutrition] (<https://www.journals.elsevier.com/clinical-nutrition>)

Books and Publications

101. **“The Diabetes Code”** by Dr. Jason Fung – Focuses on diet and exercise for managing diabetes.
102. **“Diabetes: The Real Cause and the Right Cure”** by Dr. Anthony Jay – Includes information on lifestyle changes.
103. **“The Diabetes Solution”** by Dr. Jorge Rodriguez – Covers diet and exercise strategies.
104. **“Reversing Diabetes”** by Dr. Richard Bernstein – Discusses management and reversal techniques.
105. **“Type 2 Diabetes: A Self-Help Guide”** by Dr. Michael Mosley – Offers practical advice on exercise and diet.
106. **“Nutrition and Physical Degeneration”** by Weston A. Price
107. **“The Omnivore’s Dilemma”** by Michael Pollan
108. **“The Blue Zones Solution”** by Dan Buettner
109. **“Eat to Live”** by Joel Fuhrman
110. **“The China Study”** by T. Colin Campbell
111. **“The Plant Paradox”** by Steven R. Gundry
112. **“Food Rules”** by Michael Pollan

Government and Health Organizations

113. **National Institute on Aging (NIA)** – [Exercise Guidelines for Older Adults] (<https://www.nia.nih.gov/health/exercise-physical-activity>)
114. **U.S. Department of Health and Human Services** – Physical Activity Guidelines – [HHS Guidelines] (<https://health.gov/paguidelines/>)
115. **World Health Organization (WHO)** – Physical Activity – [WHO Physical Activity] (<https://www.who.int/news-room/fact-sheets/detail/physical-activity>)
116. **International Diabetes Federation (IDF)** – [Exercise and Diabetes] (<https://www.idf.org/>)
117. **American Medical Association (AMA)** – [Physical Activity and Health] (<https://www.ama-assn.org/delivering-care/public-health/physical-activity-and-health>)*
118. **World Health Organization (WHO)** – [Nutrition] (<https://www.who.int/health-topics/nutrition>)
119. **Food and Agriculture Organization (FAO)** – [Nutrition] (<https://www.fao.org/nutrition/en/>)
120. **National Agricultural Library (NAL)** – [Food and Nutrition] (<https://www.nal.usda.gov/>)
121. **Centers for Disease Control and Prevention (CDC)** – [Nutrition] (<https://www.cdc.gov/nutrition/index.html>)*
122. **Institute of Medicine (IOM)** – [Food and Nutrition] (<https://www.nationalacademies.org/our-work/food-and-nutrition>)*
123. **American Cancer Society** – [Nutrition] (<https://www.cancer.org/healthy/eat-healthy-get-active/nutrition.html>)*
124. **American Diabetes Association** – [Nutrition] (<https://www.diabetes.org/nutrition>)
125. **National Heart, Lung, and Blood Institute (NHLBI)** – [Healthy Eating] (<https://www.nhlbi.nih.gov/health/health-topics/topics/healthy-eating>)*
126. **The Nutrition Society** – [Nutrition Society] (<https://www.nutrition-society.org/>)

*Web page not available anymore.